



StayWell@Work™

Monthly Strides

Taking strides to better your health

April Issue Includes

- National Minority Health Awareness Month
- Alcohol Awareness Month
- World Health Day (April 7)

National Minority Health Awareness Month

To improve health and eliminate the health care disparities of minorities, the Office of Minority Health (OMH) was established by the U.S Department of Health and Human Services. The OMH focuses on different areas affecting minorities in health care. For example, cultural competency is the way patients and doctors discuss health concerns without cultural differences getting in the way. Health care services that are respectful and responsive to the health beliefs, practices and cultural and linguistic needs of patients can help bring about positive health outcomes. To learn more about the OMH and their offerings, go to www.ohmc.org.

You may also visit StayWell Online at <https://delaware.online.staywell.com> and go to the "Family Centers" menu. Choose Men's or Women's Health to learn more.

Alcoholic beverages have no nutritional content and some people should not drink alcohol at all. Drinking alcohol can impair judgment and lead to addiction and other health issues. Studies show that women who drink more than one drink per day, and men who drink more than two drinks per day, raise their risk for motor vehicle crashes, high blood pressure, stroke, violence, suicide and certain types of cancer. Too much alcohol may cause social and psychological problems, cirrhosis of the liver, inflammation of the pancreas, and damage to the brain and heart.

Drinking in moderation may lower the risk for coronary heart disease, mainly among men over age 45 and women over age 55, but it should not be used as a substitute for a healthy diet, exercising and quitting smoking. To learn more about the various positive and negative aspects of alcohol consumption, visit www.ncadd.org.

Visit StayWell Online at <https://delaware.online.staywell.com> and type "alcohol" in the Search box to learn more.



World Health Day

The World Health Organization (WHO) is responsible for providing leadership on global health matters, shaping the health research agenda and setting norms and standards. In addition, the organization articulates evidence-based policy options, provides technical support to countries, and monitors and assesses health trends.

Celebrate World Health Day on April 7 by taking time to learn more about many health concerns such as Avian Flu, bottled water, environmental or adolescent health, food borne diseases and more. Visit www.who.int.

